

# Fun at Kids Central 68

## Banana Bread Takes Time

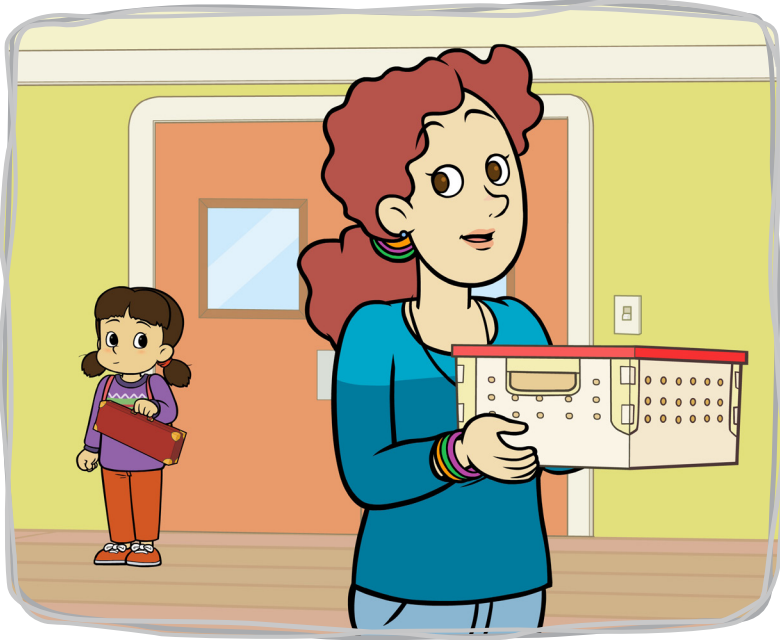


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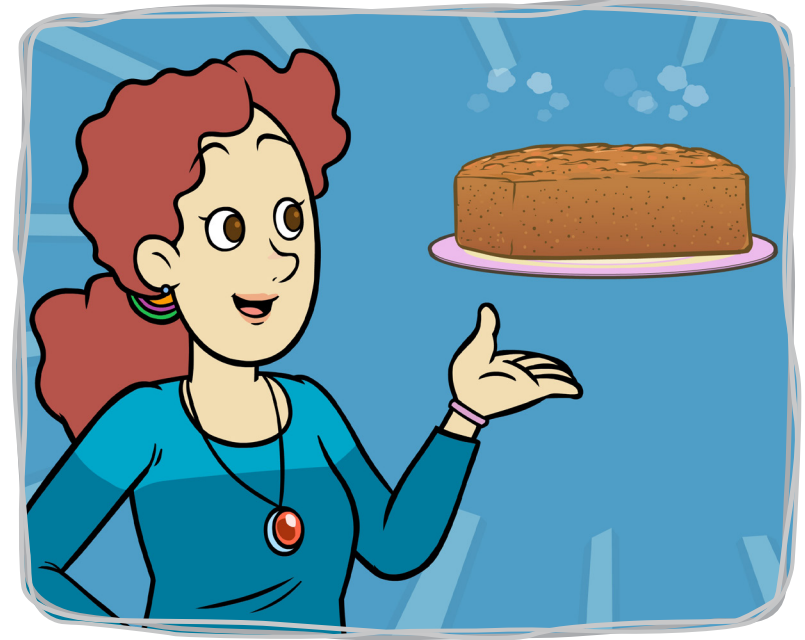


Hi, Nina,” Miss Shelly called. “What’s that?”

“Just my flute.” Nina tucked the instrument into her backpack.

“I didn’t know you played flute,” Izzie said.

“I can’t play it yet.” Nina sighed. “I’ve had three lessons, and I still sound

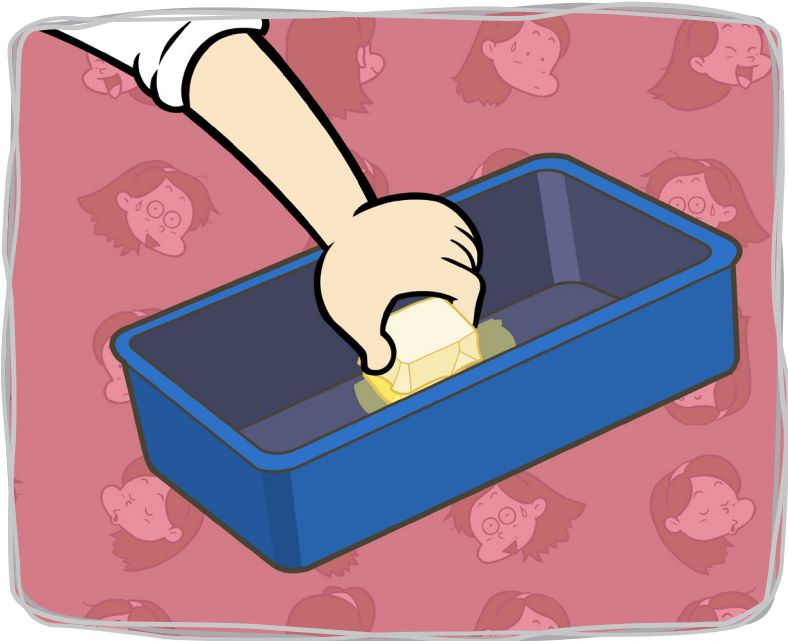


terrible.”

“Some things take time,” Miss Shelly said. “Like today’s project—baking banana bread.”

“Mmm,” Izzie said. “I love banana bread.”

Bobby was rubbing his belly. “I’m so hungry. When will it be ready?”



“It’s going to take a while. You have to be patient, Bobby,” Miss Shelly said.

Everyone put on their aprons, and Jason started reading from the board. “First we butter a loaf pan.”

“I’ll do it,” Izzie said.

Jason kept reading. “Mix eight tablespoons of butter with one cup of sugar.”



Ethan dumped the butter in a bowl. Nina added the sugar.

“Mix until it’s light and fluffy,” Jason said.

Nina started stirring.

Bobby groaned. “Can’t we use an electric mixer? It’s much faster.”

Nina shrugged. “This works fine.”



“Next we add two eggs.” Jason cracked each egg, one at a time. Nina added them to the mixture.

Bobby grabbed a fork. “I’ll mash the bananas!”

Soon the bananas were mashed. Jason added one tablespoon of milk and one teaspoon of cinnamon.



Ethan got another bowl. “Now we have to mix two cups of flour and a teaspoon of baking powder.”

“Add one teaspoon of baking soda and one teaspoon of salt,” Nina said.

“Oops!” Izzie cried. “We forgot to preheat the oven!”

“Ugh!” Bobby buried his face in his





hands.

“It’s fine, Bobby,” Miss Shelly said.  
“We have plenty of time today.”

Nina patted Bobby on the shoulder.  
“You need more patience. My flute teacher always says that good things come with patience.”

Izzie turned on the oven while Jason

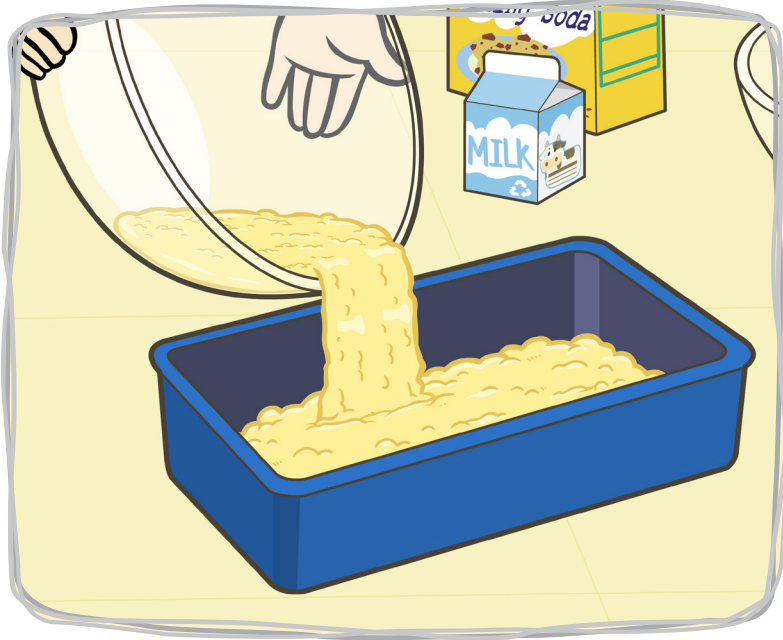


checked the board. “Add the banana mixture to the sugar and butter,” he said.

Nina added the sugar mixture to the banana mixture. Bobby began stirring as fast as he could.

“Here come the dry ingredients!” Ethan dumped them into Bobby’s bowl.

Bobby started to stir fast again.



“Slow down, Bobby,” Jason said.  
“You only have to mix until the flour disappears.”

“Patience!” Izzie sang out.

Bobby sighed and stirred slowly. When the batter was ready, Izzie poured it into the pan.

Everyone looked at the oven. “It’s



almost ready too,” Miss Shelly said.

Bobby slumped onto the table. “The batter has to bake for one hour and ten minutes. What are we going to do while we wait?”

Ethan smiled at Nina. “Can you play your flute for us?”

“Um . . . ” Nina hesitated. “Sure,” she

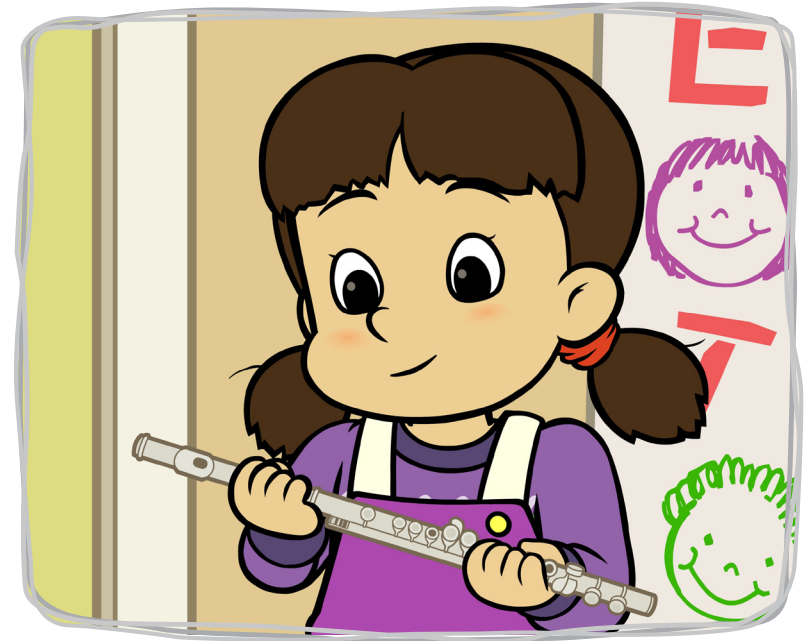


said finally. “As long as you don’t mind hearing all my mistakes.”

“No problem!” Jason said.

\* \* \*

*Ding!* At last the timer went off. Bobby leaped up from his seat. “Now can we eat the banana bread?”



“Not yet, Bobby,” Miss Shelly said. “It has to cool for 15 minutes.”

Bobby let out a deep sigh.

Nina smiled and looked at her flute. “Bobby is learning about patience,” she thought. “And so am I!”

# Things You'll Need



1 cup sugar



8 tablespoons butter,  
room temperature



2 large eggs



2 cups flour



3 ripe  
bananas



1 tablespoon  
milk



1 teaspoon  
cinnamon



1 teaspoon  
baking powder



1 teaspoon  
baking soda

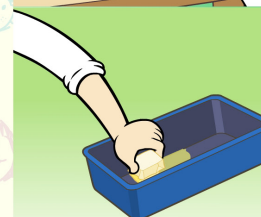


1 teaspoon  
salt

# Do It Yourself



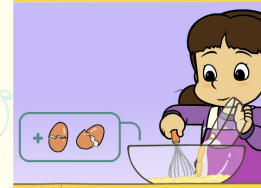
1) Preheat the oven to 165°C.



2) Butter a 23 x 13 x 8 cm loaf  
pan.



3) Mix the sugar and butter  
in a large bowl until it's  
light and fluffy.



4) Add the eggs one at a time,  
mixing well.



5) In a medium bowl, mash the  
bananas with a fork. Mix in  
the milk and cinnamon.



# Do It Yourself



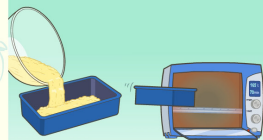
6) In another bowl, mix together the flour, baking powder, baking soda, and salt.



7) Add the banana mixture to the sugar mixture and stir until combined.



8) Add dry ingredients, mixing just until flour disappears.



9) Pour batter into pan and bake 1 hour to 1 hour 10 minutes.



10) Cool completely before slicing. Enjoy!